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**On budget**

Health centre also on schedule  
 Page 3

**On the mat**

Jiu-jitsu champ lends expertise  
 Page 14

**On the web**

Website gets facelift  
 Page 11

**On point**

Operative Society's Annie a hit  
 Page 23

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# INPORTNEWS

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 9 VOLUME 16

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## ■ RATE DOWN

## Wainfleet poised for 3% tax hike despite cuts

ALLAN BENNER  
 InPort News Staff

WAINFLEET — Despite \$21,000 in cuts from the township's budget, average taxes are still poised to increase by about \$40 this year.

Aldermen made a few more spending cuts last week's budget meeting, reducing Wainfleet's tax hike to 3.046%, That's down from the 3.56% at the start of the meeting.

The majority of the budget cuts were made two weeks ago when \$222,000 in spending was taken from the budget that would have seen a tax hike of more than 9%, said township treasurer Robyn Madere.

see TAXES | page 2

## ■ MIXED MARTIAL ARTS: Port Colborne's Alexis Davis looking to avenge first loss at Strikeforce event next week



DAVE JOHNSON Staff Photo

Alexis Davis beats up on opponent Toriya Evinger during their title fight in May 2010 at Seneca-Niagara Casino in Niagara Falls, N.Y. In this file photo, Davis is scheduled to face Sarah Kaufman in a women's bantamweight bout at Strikeforce: Tate vs. Rousey March 3.

## Stronger, faster, wiser

EDDIE CHAU  
 InPort News Staff

PORT COLBORNE — A lot can change in five years.

In 2007, Port Colborne native Alexis Davis made her mixed martial arts debut at Ultimate Cage Wars (UCW) 7: Anarchy, squaring off in the cage against former Strikeforce champion and fellow Canadian Sarah Kaufman. Davis' first professional MMA fight didn't go too well — she was knocked out in the third round.

"She handed me my first loss," Davis said of fight.

see MMA | page 2

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**DREAM IT. BUY IT. LIVE IT.**

## ■ MMA

# Davis looking to even the score with Kaufman

## FROM PAGE 1

Five years later Davis is stronger, faster and wiser. With an 11-4 professional fight record, March 3 she will face Kaufman again at Strikeforce: Tate vs. Rousey event in Columbus, Ohio in a bantamweight bout.

There's a lot at stake. Not only can Davis avenge her first loss to Kaufman, but unofficially, the winner of the fight will be the No. 1 contender to Strikeforce's Women's Bantamweight

## Championship.

"We've been trying a lot of different components for training," said Davis, who currently trains out of Dayboll Jiu-Jitsu and Fitness Academy in Stuart, Fla. "There's more focus on wrestling, more ground based attacks."

"There's a lot of kickboxing, strengthening and conditioning work."

Davis described her loss Kaufman as a "huge mental game" as she fought away

**"I'm more sound and in control of my fights. Now, I fight with purpose and knowledge."**

Alexis Davis

nerves and inexperience. The main event of next Saturday's card is the Women's Bantamweight Championship match between defending champion Miesha Tate and Ronda Rousey.

The title bout has garnered much attention

because of Rousey, who is known for talking down her opponents.

While Rousey's comments make her come off as the villain, it has garnered plenty of publicity for the sport, something that's welcomed by Davis.

"There's no doubt women's MMA is more popular now," Davis said. "Ronda talks smack and has a lot of self-confidence. She has a lot of people behind her. She said she wanted a title shot

and she got it.

"I may not like everything she says, but she put the sport out there and those who may not have been sold on women's MMA are now paying attention."

Davis doesn't know who will win the main event. Regardless of the outcome, should she be successful in her bout, Davis said she welcomes the challenge.

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## ■ TAXES

## Fire hall doors will not be widened

## FROM PAGE 1

She said aldermen will give the \$4.2-million total budget final consideration at their March 13 council meeting.

The largest of the cuts made was \$10,000 earmarked for widening the doorways of the fire hall, which are not large enough to easily accommodate larger fire trucks.

Township engineer Greg Wuisman said the rearview mirrors on the sides of fire trucks need to be pushed against the sides of the vehicles to allow them to pass through the doorways.

Although the township had budgeted \$20,000 enough to pay for renovations to two fire halls — aldermen chopped that funding in half leaving enough to pay for only one door widening to be done at the Burnaby Rd. fire hall where firefighters were having the most difficulty.

Also, \$5,000 was cut that was to pay for data entry for a new computerized system for the township's cemeteries.

Wuisman said the funding was to pay someone to add 150 years of data into the computer software system purchased a year ago at a cost of \$3,500. Considering the sensitive nature of the data regarding the burial sites of people, Wuisman said it's a job that would require some-

one who would do the job meticulously.

"To have an error in that area is quite grave — no pun intended," he said.

Aldermen approved the cut, hoping township staff would be able to handle the additional workload of entering the information.

Despite budget cuts, the township will still undertake \$663,000 in repairs to 11 roads, including parts of Lakeshore, Flanagan, Burnaby and Moore Rds., five roads in the Sunset Bay area, Clarendon St. and Concession 6.

Ald. Ted Hessels is concerned council may have cut too deeply when it comes to needed road repairs. He is concerned that cutting road repairs will only compound problems in years to come.

Wuisman agreed.

"Every project that's delayed for a year causes a ripple effect in future years," he warned.

Hessels tried to convince his fellow aldermen to reinvest the cuts made during the meeting to pay for the repaving of Pettit Rd. but no one would second his motion to do so.

A second coat of asphalt needed on Sugarloaf St., cut from the budget two weeks ago, will still be completed this year, being funded with \$25,000 from the township's reserves rather than taxes.

## ■ GREAT KIDS: Sidey's and the city sponsoring contest



VICTORIA GRAY Staff Photo

The Tribune represented by circulation manager Karin Vanderzee, left, acknowledges Tammy Blodeau of Sidey's Flowers and Gifts and Vance Badway for the City of Port Colborne as bronze-level sponsors for the 2012 Search for Great Kids of South Niagara. Twenty-four youth will be honoured for their acts of kindness, personal achievement or ability to overcome challenges at the seventh Annual Great Kids awards gala on April 29. Six will receive a \$500 RESP from Meridian Credit Union. Nomination forms are available inside the Tribune and will be accepted until March 16.

# portraits

■ **ON BUDGET:** Health and wellness centre on schedule, too

# Healthy progress made

DAVE JOHNSON  
InPort News Staff

**PORT COLBORNE** — Construction on the Vale Health and Wellness Centre is on budget and on schedule.

And the lack of real winter weather has helped, said Mayor Vance Badawey and Bill Steele, chair of Port Colborne's health and wellness committee.

"We have to praise weather gods for the winter we've had, it's really helped," said Steele.

Badawey echoed that sentiment and said parts of the new arena are still open to the elements.

"The outside hasn't been closed in yet ... but there's a lot of work going on inside," said Badawey.

The 13,000-square-metre centre will feature two NHL standard-sized rinks, an aquatic centre with lap and leisure pools, a gym and fitness area, bocce courts and an indoor walking track. It replaces Teeder Kennedy Youth Arena, Westside Arena and Centennial pool.

Badawey said insulation installation in the roof system of both arenas and the multipurpose gym is ongoing.

"Most of the mechanical and refrigeration units have been delivered and concrete pads for mounting them have been poured."

The mayor said the second floor in the fitness area has gone in as have stairways.

"A lot of credit has to go to the general contractor, Aquicon, and the subcontractors," said Badawey of the progress on the construction site.

Steele said in speaking with other municipalities across Ontario, Aquicon is one of the premiere companies when it comes to work such as the health and wellness centre.



DAVE JOHNSON Staff Photos

Work on the Vale Health and Wellness Centre is on schedule and on budget, says Port Colborne Mayor Vance Badawey. The centre, which replaces two arenas and one pool, is still slated for a November opening this year.

"They're doing a great job. There's a big buzz in the community. People stop by the site every day and can't believe how it's moving along," the Ward 1 councillor said.

Steele can't wait for the centre to open and for it to be in use.

Badawey said the centre looks like he envisioned it would and that it's great to see it all coming together.

"When I go there, I visualize it as a community hub," he said, adding he's been there four times in the past

couple of months leading tours through the facility.

The mayor said a report will come to council next Monday about a possible partnership between the city and Niagara YMCA. The Y, he said, could provide aquatic fitness and general programming at the centre.

"The Y may have some enhanced services and additional programs to offer ... like a day-care area for children for example."

The health and wellness centre is expected to open in November of this year.



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## ourview

### Hudak puzzles reporters

**T**wo days. Two leaders. Two styles. One spends 20 minutes in a drum, repeating the same lame line, without answering a simple, direct question.

The other spends 16 minutes talking to reporters and finding a dozen different ways to nothing.

The first is Progressive Conservative Leader Tim Hudak, recently refreshed from getting a leadership vote of confidence from his party.

On Feb. 22 several Tory MPPs hosted a news conference to support the horse racing industry, which is under threat of losing around \$340 million in revenues from slots. Hudak was asked why he's fighting to keep this revenue, when economist Don Drummond suggested this might be a way to save money.

It's a straightforward question Hudak should have expected. He should have said something like: "This money isn't a subsidy. It's a revenue sharing agreement based on money generated by slots at the racetracks that a deal cut more than a decade ago. Take away that money now and you'll kill horse racing, and devastate rural Ontario which depends on the industry for jobs."

Once upon a time, racetracks were the few places where gambling was allowed. They agreed to put slots at racetracks on the understanding that horse racing would get part of the revenues. Now it seems everyone's wondering why we have these homes at the slot machines track.

Hudak's a Fort Erie boy. He should have those racetrack issues down cold. Instead, he launched into a bizarre and evasive exercise that left reporters scratching their heads.

Instead of answering a question about the geo-goes, he kept trying to make the point that Premier Dalton McGuinty is picking and choosing which of the Drummond recommendations he'll implement.

On the Liberal side of the coin, all we hear from McGuinty are the things he's not going to cut.

He's not going to cut full-day kindergarten (\$1.5 billion a year). He's not going to cut the seniors' renovation tax credit (\$60 million a year) and the Ontario Clean Energy Benefit (\$1.1 billion annually) is sacrosanct. That's almost \$3 billion of cuts he won't make. That left people wondering, (a) was it really worth bringing in Drummond to do the exhaustive study if you're not going to implement any of it? And (b), how can they possibly balance the budget if all the big ticket items are off the table?

McGuinty is nothing if not skilled at stalling for time.

What Hudak needs is to take control of the issue with a pre-emptive strike.

Come up with an alternative budget. Set out a clear, coherent document that shows exactly how he'd get the budget back in balance by the target dates set out by Drummond.

And the Liberals should stop the guessing game. As soon as the federal budget comes out, Finance Minister Dwight Duncan should set one for the province.

christina.bilzard@sunmedia.ca

## I'VE BEEN THINKING

# If I could do this over again ...

REV. GORD ABRAHAM  
Port Colborne Baptist Church

In life you can make a lot of mistakes and have many regrets for what you did, said, or did not do.

I don't really have deep seated regrets but if I could do some things over again I would do them differently. Maybe this list of things will help you where you are at this point in your life.

The terror attacks on the World Trade Centre over 10 years ago began many people on a journey of returning to what is most important. My youngest son and I, shortly after the attacks, discussed how many things did not seem very important now. What did seem to be important was no longer whereas, Family, Faith, community and relationships seem to come out as most important.

The following list of things that I would do over again is really me speaking. It is never too late to start again. In some cases I have done reasonably well, or at least as best as I could given the circumstances. In others not so well, therefore more work is needed. It is never too late to start again.

If I have opportunity again I will:

- 1. Fight my bent to selfishness by serving others more diligently. Jesus came and served even to the point of dying for sinners.

- 2. Touch my children and wife and tell them more often how much I love them. Jesus' ministry had as a major component of touching people-lepers, prostitutes, cripples, outcasts.

## readers'views

### Fed up with hospital comments

I don't know about anyone else, but I am getting pretty fed up with opinion columns like Grant LaFleche's telling us "Niagara has to stop fighting change in the hospital system." (The Tribune, Niagara Regional section, Tuesday, Feb. 21)

In his view change is fine, provided everything goes to St. Catharines, including almost all acute care, cardiac, cancer, mental health, rehabilitation, hospice, addictions, obstetrics, pediatrics, renal, kidney dialysis and I am sure eventually trauma.

Mr. LaFleche says we should act like

Play more with them. I will drop all the work and demands and just play with them.

Develop and show a greater sense of wonder, awe and mystery in God, in God's Creation, and in People.

Point more often to God's craftsmanship in creation; to God's hand in our lives; to good things in people and to the dangers of life without God.

Play more for people who I encounter in my daily routine of life. Listen more to God on their behalf and to others on my behalf.

Pursue God more intensely while calling my family and others to join me on this journey.

Read more to my kids/grandkids from the scripture stories and good works of talented authors.

Praise God more and speak graciously to each individual I encounter.

Spend less time and resources on material accumulation.

To my grown children and their spouses I would say:

Don't imagine or seek for a life that is easy. Seek a life that stretches you and requires you to take risks. Challenge the limits, learn from your failures and those of others. Failures are inevitable but not fatal; failure in action is usually not failure as a person.

Give yourself wholly to God.

Seek intimacy with God knowing that it will at times conflict with your intellectual, physical, relational and material pursuits. You will lose nothing if you give these up to gain intimacy

with God.

Develop the desire and the habit of prayer, fasting and scripture reading. This will instill in you wisdom and discernment and for what God has a heart. Prayer is the avenue of intimacy with God. Scripture reading is your source of knowing God's will and ways.

Discipline the input that comes into your mind so that you do not lose the sensitivity to your own sinfulness, the bent to sin in humankind and to the voice of God speaking to us.

Continue to develop your mind through good reading and challenging thinking. Do not believe everything you read, see or are told.

Remember that the root temptation you face and the one that will ultimately determine your future spiritual health is the one that questions and seeks to deny the goodness of God.

Give yourself to others to meet their needs without any thought of reward or recognition or return. This is real love.

Remember that in every area of life, "you reap what you sow." Sow what is most important.

Disappointments, hurts, pain and suffering are inevitable and your attitude in the middle of them will make the difference on what you do as a result of them.

Pride of achievement will make you hard to live with.

A thankful attitude in all things will draw people to you and to your God.

So there you have it. No regrets just some things for which I will make room and take action on in my life.

one Niagara, but if that were true the new "regional" hospital would have been built in the geographic centre of Niagara. Instead a political decision was made and has thus fractured the health-care system as many medical people advised would happen.

Mr. LaFleche says seriously ill people were not going to the ERs in Port Colborne or Fort Erie, but he did not live there, so did not realize services were gradually dismantled through the past 10 years without any public consultation.

In other words, the public was not fully aware their community hospitals were being gradually dismantled and then decimated when the NHS passed the hospital improvement plan in 2006,

leaving the southern tier underserved. Mr. LaFleche says there is no evidence to prove any lives have been lost to ERs being closed in Port Colborne and Fort Erie. LaFleche should understand it is very expensive to take on a wealthy, well-heeled (with our tax dollars) client like the Ministry of Health in a lawsuit, but there are a lot of stories "out there" we should all be concerned about.

For instance, in 2009 it took paramedics more than 40 minutes to transport a patient from Port Colborne to Welland hospital, where he died in the hospital parking lot. Perhaps LaFleche should check out the facts.

Continued on page 4

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## ■ readers' views

### FROM PAGE 4

I agree with Mr. LaFleche in one area: that is we should get on with trying to find a solution out of this mess the NHS and province have created.

Building a new "full service" hospital for south Niagara may help provide reasonably adequate access to hospital services for the second class citizens of south Niagara.

I think it is possible for the mayors of south Niagara to agree on a centrally located site. But this should only be conditional on no services being removed from our present hospitals until the new south Niagara hospital is built.

You can be sure if a new \$1.5-billion hospital had been built in Port Colborne or Port Erie and the people of St. Catharines and north Niagara were told to travel there for their hospital care, you would hear a loud wail and cry with Mr. LaFleche

leading the choir.  
**Pat Schofield**  
Welland

## Desecration of veterans' graves

*Re: The thefts of soldiers' grave markers.*

I read the details of two people who allegedly stole from the graves of our heroic veterans.

To say my blood ran cold would be an understatement.

This deed, in my mind, ranks among the worst crimes that are all too often committed. People who commit this type of crime must be punished to the extreme.

I can't even print what I'd like to see happen to them if convicted.

Is there a way we can ensure the harshest punishment possible? I think maybe there is. I urge representatives from

Canadian corps groups, legion branches, veterans (and those still active if they are able), as well as members of the public and those in public office to attend this sentencing day in court. All in a show of respect to those brave men and women who gave the ultimate sacrifice so that we could live the lives that we now have and enjoy.

I believe by attending this day in court would leave his or her honour no choice but to deliver the maximum sentence allowed by law.

These kinds of spineless, cowardly self-serving, disrespectful acts will never leave the confines of my mind.

Those responsible not only need to pay dearly for desecrating these graves, they need to pay dearly for what it has done to the minds of all of us who hold these veterans in the highest of regard.

**John Crumb**  
Port Colborne

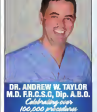
## ■ BOWL FOR KIDS: Mayors go for strikes



VICTORIA GRAY Staff Photo

Wainfleet Mayor April Jeffs, Port Colborne Mayor Vance Badawey, Pelham Mayor Dave Augustyn and Acting Mayor of Welland, Paul Grenier had a friendly competition at Bowl for Kids Sake Saturday to raise money for Big Brothers Big Sisters of South Niagara.

## Over 100,000 people have trusted their vision to Lasik Provision



**DR. ANDREW M. TAYLOR**  
A.B., F.R.C.S., F.A.C.S.,  
Ophthalmologist  
Lasik and cataract surgeon

Dr. Andrew Taylor knows how challenging it can be for consumers deciding on laser vision correction procedures. Understandably anyone would be confused by the wide range of fees associated with laser eye surgery. Some centers are offering quotes as low as \$250 per eye with very few guarantees. Consumers have caught on to the fact that these fees are never really as low as they seem. If you can't trust the advertised price, then how can you trust that provider to perform your surgery? These are your eyes, and the best guarantee in laser eye surgery comes directly from your surgeon, equipment and the professionals staff that support you.

Many consumers now realize the tangible economic benefit in laser eye surgery as a result in less wear on contact lenses and supplies between \$75-\$100 dollars. This represents an annual cost of roughly \$1,500 dollars since most patients require a back up pair of glasses every 12-24 months. One has typically spent about \$7,500 dollars on optical wear over the past 5 years and will have similar cost over the next 5 years to look forward to. In fact patients are actually financing their vision correction needs. The effect of look can last a lifetime making your investment more cost efficient.

At Lasik Provision, laser vision correction is viewed as an art form. Dr. Andrew Taylor has hand selected an experienced team of individuals who are constantly striving to provide the finest in all aspects of your laser experience. Dr. Andrew Taylor will personally perform your laser eye surgery. He has been serving the residents of South Western Ontario and the Northern United States for over 20 years. He can draw upon a personal experience of having performed over 100,000 successful laser procedures to achieve the results you desire. Lasik Provision has superior technology and Dr. Andrew Taylor has personally used every major laser platform that is used in North America today. He lectures internationally in the field of laser eye surgery and on laser platforms. He is involved in the regulatory studies for the approval of new devices and procedures. Dr. Andrew Taylor has chosen the Zeiss

MEL 8010 Excimer laser and the VisuMax Femtosecond Laser as his preferred platform. Carl Zeiss is internationally recognized for their expertise in optics, their lenses are key to the new eye laser at home in your camera. Carl Zeiss Meditec utilizes advanced engineering profiles which produce superior, predictable refractive outcomes which is what you want as a refractive eye patient.

The Zeiss MEL 8010 Excimer laser uses every eye with Wavefront technology. This laser is one of the fastest in the world. It uses dual eye tracking for accuracy and centration. It also uses aberration-optimized algorithms to reduce the incidence of night glare. Visual quality and stability is unsurpassed with the Carl Zeiss laser platform. The MEL 8010 laser has the newest technology providing correction for the presbyopic population. It is known as Zeiss DOLZHO WISION, and is based on the principle of micro-monovision. It allows the eyes to maintain different focusing depths. Both eyes are corrected for individual distance at all times with one eye having a range of vision extending to distance and the other eye having a range of vision extending to near. This creates a blended range of clear vision across all visual fields, near, intermediate and far. The laser reshapes the cornea using different power zones to create useful spherical aberration, making the image deeper between the two eyes so small that the brain doesn't notice which eye it is using for far and near. This is the most exciting device in laser eye surgery today, trading old eye age.

Lasik Provision is using the Carl Zeiss Meditec VisuMax Femtosecond laser for all flap creation in laser eye surgery. Dr. Andrew Taylor is now only performing completely bladeless laser procedures. It provides maximum safety and comfort for the patients. It creates a thinner flap, allowing patients with thinner corneas an opportunity to have the potential for look. It uses minimal energy, allowing more precision and less tissue disruption and therefore faster healing.

Your eyes are precious and Dr. Andrew Taylor looks forward to providing you with a level and care that exceeds your expectations. Life is not meant to be viewed through glasses or contact lenses. It is about freedom. With these new technological breakthroughs, there has never been a better and safer time to experience the freedom so many millions of people have enjoyed with laser eye surgery.

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**Jim, Pulmonologist**

"Thanks, glasses and contacts in the long run were a huge burden. In wearing environmental oculars my glasses would fog up or be covered in moisture from rain or sweat, and contact lenses would dry out before the end of a twelve hour shift. I was sceptical about the whole Lasik process but Dr. Taylor and his staff were very knowledgeable and easy going. I had the Lasik procedure completed five years ago. I have had no complications and work I could have been the procedure completed at the start of my career. The results are remarkable. It is unbelievable that such a short surgical procedure with minimal discomfort can produce such results. I highly recommend Lasik Provision to colleagues, family and friends and would encourage anyone who struggles with glasses and contacts to attend for a consultation."



**Barb, Optometrist**

"I am thrilled with the vision sharpness and stability since having laser eye surgery with Dr. Taylor. I have enabled me to work more efficiently without having to put glasses on and off all the time. I am very grateful for Dr. Taylor's skills and professionalism for treating my myopia."



**Fatima, Youth Worker**

"I am writing this to express my high gratitude and appreciation for Dr. Taylor and the entire staff. Having had successful Lasik surgery performed with absolutely no complications whatsoever, I am not only impressed but overwhelmed with the expertise, professionalism, and courtesy that I received from every single person that I came into contact with during the course of that day."



**Don, Workplace Safety & Insurance Specialist**

"I have referred to it as a minor miracle after many years of wearing irritating contact lenses and also seeing reading glasses. I have now thrown them all away. With my eyes blessed vision I now see clearly near and far. I am absolutely thrilled with the results."

## COLUMN



## Experiencing culture shock

**C**lementina Tonci is a 14-year-old student born and raised in Rome, Italy. Tonci spent the summer of 2010 and 2011 at a camp in Pennsylvania to improve her English as well as experience North American culture. After living together for the past three months, Tonci was kind enough to sit down with me and answer some questions on what shocked her about our culture and the differences between how we live our every day life.

**Michelle Pressé:** Before you arrived, what did you expect North America to be like?

**Clementina Tonci:** I thought it was like what you see in the movies, or New York with lots of buildings and museums. But I was in Pennsylvania, and there were a lot of forests. It was beautiful, but not what I expected.

MICHELLE PRESSÉ

For InPort News  
Clementina Tonci, 14, born and raised in Rome, Italy, spent the summer of 2010 and 2011 at a camp in Pennsylvania to improve her English as well as experience North American culture.



**Michelle Pressé**  
CANADIAN  
GIRL/ITALIAN  
LIVING

**MP:** What most surprised you about our culture?

**CT:** It was more organized than Italy. One of the craziest things was cereal with marshmallows in it. I couldn't believe it. It's amazing how much the microwave is used and how everything comes from a box. And everyone wore very different clothes. All the girls my age [in Italy] know about experience brands. But the girls of my camp, if you asked them for example who Chanel is, I'm not sure they could answer you.

**MP:** In what ways is our lifestyle similar to yours in Italy?

**CT:** It isn't, really. Your culture is a lot more exaggerated, but in a good way. For example, if you like a star in Italy, you like them. But in North America you would be obsessed and have your walls covered with posters. I think we are much more laid back, and North Americans enjoy working.

**MP:** What did you like

best and worst about our culture? Why?

**CT:** I like that everyone is proud of their culture. It was interesting because every day at camp we ate French fries, chicken nuggets, and pancakes with sausage for breakfast. For food, I think Italy is better. And for pasta, the tomato sauce was like ketchup which was so terrible. The food is so different and there was something called blue juice which is a fake flavour. If I brought it home my mom would be like, Where did you find this? Americans knew little about the rest of the world, but I had a Canadian counsellor who was more open. The Americans didn't even know where Florence was on the map.

**MP:** How do you think your life would be different if you had grown up in Canada instead of Italy?

**CT:** Completely different. In my culture I learned so much about history, religion, and other cultures. My style, language, a lot of thinking would be so different. Nothing would be the same.

**MP:** How did people react upon learning that you came from Italy?

**CT:** It was funny because they asked so many questions. Everyone was so curious about Italian culture, and that was nice. There were also two girls from France in the camp and when I saw them we spoke French because I went to French school. Everyone was shocked because I'm Italian, go to a French school, and also speak English. They couldn't understand how I could speak more than one language, but in Europe it's very normal. They were also surprised that neither my mother or I know how to cook.

*Michelle Pressé is an 18-year-old Port Colborne resident living and working in Rome, Italy until June 2012. She is a Lakeshore Catholic graduate who hopes to pursue her journalism degree next fall.*

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# The Healthy Cupboard

## "MYO-MED"

"Is going to ease a lot of PAIN"



**W. Gifford-Jones, M.D.**  
Nationally Syndicated Medical Journalist

Dispensing common sense medical advice to Canadians for over 30 years

"Where can I get another tube of MYO-MED?" a tennis friend asked me. I'd given him a sample of this cream when his arthritic knee kept him from playing tennis for several months. Now he was back in the game. So how does this new all-natural, toxin-free analgesic help painful joints? And why is it safer than other over-the-counter painkiller creams? Today, 21million North Americans suffer daily the agony of arthritis. Others see their quality of life diminished by sports injuries, backache, sore muscles and the ravages of aging joints.

Customary treatment has been the use of nonsteroidal anti-inflammatory drugs. Unfortunately, too many people take these over-the-counter medications thinking they're as safe as M and C candy. But every year 25,000 North Americans die from gastro-intestinal complications due to this self-prescribed remedy. It's a huge price to pay for pain relief. MYO-MED eliminates this problem. To my knowledge, no side effects have been reported by using this natural cream.

But how is MYO-MED different from other over-the-counter painkillers? Remember that, due to increasing drug complications, it's important to know what a medication does not contain. Today there are 300 different topical analgesics available in North America. But 90 percent of these painkillers contain methyl salicylate. Excessive use of this substance over a period of time has been associated with serious health problems and in rare cases can be fatal.

MYO-MED does not contain methyl salicylate and is the only all natural and toxin-free cream available.

MYO-MED consists of a combination of six anti-inflammatory ingredients proven to be effective in relieving a variety of painful conditions such as arthritis, bursitis, tendonitis and carpal tunnel syndrome. One of the main ingredients is cetylal fatty acids. These are naturally occurring compounds that help to reduce inflammation, pain and increase mobility. In a study published in the Journal of the American Medical Association, it was found that cetylal fatty acids were effective in the pain associated with motion.

"I recommend it to my patients who suffer from arthritis"  
W. GIFFORD-JONES, MD

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It's also helpful in the treatment of neck, back pain and those suffering from fibromyalgia. MYO-MED also has what's called a "Nerve Delivery System". It's a process that quickly carries these six anti-inflammatory ingredients deep into affected muscles and joints where they're needed, providing relief in minutes.

But how good is MYO-MED in easing pain? Researchers at the University of Connecticut carried out double-blind studies to test its effectiveness. One group of patients, suffering from osteo-arthritis of the knee, was treated with MYO-MED. A similar group received a placebo cream. But neither doctors nor patients were told which cream was the real McCoy. Thirty minutes after applying the cream, patients were tested to see how their disability was affected. How far could they flex a knee before it became painful? How well could they get up from a chair? How much time did it take to get up and down 11 steps? And how good was their balance?

Patients were then advised to apply their creams twice a day for 30 days. Both groups of patients were also provided with nutritional guidance to ensure neither group gained weight during the trial period.

Researchers found that patients using MYO-MED noticed better function after 30 minutes. Further improvement occurred over the ensuing 30 days. Patients could flex knees better, needed less time to navigate stairs and rise from a chair. They also showed improved balance, strength and physical endurance.

MYO-MED combats another vital problem. It's logical that if a knee joint hurts, there's a natural tendency not to move it. People with knee problems if tied up to do too long. And people suffering from painful joints slowly but surely lose muscle mass if they become less active. This can have a major effect on their way of life. Several professional athletes who have access to the best treatments available say that MYO-MED keeps them on the playing field. It has also kept me at the top shooting range as the gun's recoil often leaves me with a painful shoulder. And my husband, Fred, couldn't do the bagger. I'll say he hit him with another tube at Christmas.

learn more at: [www.docgift.com](http://www.docgift.com) & [www.mynnatural.com](http://www.mynnatural.com)

Myo-Med supports the Gifford-Jones Professorship in Pain Control and Palliative Care

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**What The Media Is Saying**

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**The Healthy Cupboard**

## ■ COLUMN

# Coping with homesickness puts things in perspective

People experience homesickness in different ways.

Some may first experience homesickness when they go away to summer camp as a child while roasting marshmallows and singing 'Old MacDonald Had a Farm' over a bonfire. Others feel this unsettling sensation when they move out of their parents' house and into a jail-sized dorm room at a new college or university.

And then there are people like me who experience this after moving more than



**Michelle Pressé**  
CANADIAN  
GIRL, ITALIAN  
LIVING

7,200 kilometres away from home to a country where English isn't commonly spoken and people scratch their heads upon hearing the words "Tim Hortons." When I first moved to Italy last September, I didn't expect to feel homesick. It seemed crazy.

During my first week here

I checked my e-mail every 10 minutes to see if my mom had written me and I cried myself into a deep, seasick-like sleep at night, hoping things would improve the next morning.

Seeking advice, I turned to the Internet looking to brilliant minds like Oprah Winfrey and Albert Einstein for answers on homesickness. My infatuation and obsession with finding facts and quotes on homesickness didn't exactly help the situation.

My favourite quote comes

from my mom (who did eventually e-mail me back): "Pity those who do not experience homesickness, for that means they never truly loved or were loved, and lacked the bravery to travel out of their comfort zone."

The next morning I decided to put an end to this loneliness. I stuck my map inside my purse, grabbed my camera and took myself on a grand tour of my new city.

I made friends, ate gelato and memorized the bus routes (which was a big accomplishment for a country girl whose idea of transportation is bicycle via the Friendship Trail). I kept

myself busy and before I knew it, the homesickness slowly disappeared.

I was in Rome, and I was happy. After being here for nearly six months, I still have moments where I miss home, but not enough to end my experience early. Growing so comfortable with the city will make leaving it much like Jack and Rose's emotional goodbye in Titanic.

What I learned from being homesick is that I was very fortunate to grow up in a small town like Port Colborne. I learned that no matter how much a person may disagree with their parents, you'll miss them

greatly once seeing them every day isn't an option. I learned that it's vital to get out of your comfort zone in order to gain perspective on the world around you as well as your own backyard.

And throughout my extensive research on quotes about homesickness, a quote by Helen Keller will forever linger in my mind: "Life is either a daring adventure, or nothing."

*Michelle Pressé is an 18-year-old Port Colborne resident living and working in Rome, Italy until June 2012. She is a Lakeshore Catholic graduate who hopes to pursue her journalism degree next fall.*

## RECIPE of the month MARCH

Our Port Country Pantry's

### WIC'S VEGETARIAN CHILI

1. In a large stewing pot, heat together canned diced tomatoes, onion, celery, sugar, & seasonings

Bring to a boil. Simmer for 16 hours.

2. Add mixed beans &/or chili beans.

Bring back to a boil, then continue to simmer for 16 hours.

3. Dissolve Beef Broth Granules in hot water. Stir in Texturized Vegetable Protein, let sit for 5-10 minutes, allowing 1/2/2 to absorb water. (If thicker chili is desired add more beans &/or textured vegetable protein). Stir into vegetables mixture. Simmer for 15 minutes more.

Optional: Excellent, served with a sprinkle of parmesan cheese.

\*This recipe freezes well.

- INGREDIENTS**
- (2) cans (28 ounce / 796 ml) diced tomatoes  
1 1/2 cups chopped onion  
1 1/2 cups celery (approx. 3 stalks)  
2 tablespoons Granulated sugar  
1 teaspoon Salt  
1/4 teaspoon Black Pepper  
1 teaspoon Chili Powder  
1 teaspoon Granulated Garlic
  - (1) 15 ounce can mixed beans, drained  
(1) 15 ounce can chili beans, with liquid  
1/4 teaspoon Beef Broth Granules  
1/4 cup hot water  
1/4 cup texturized vegetable protein

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Supplied photo  
Michelle Pressé sits in the water fountain at Lock 8 Park in Port Colborne, one of her favourite places to relax after walking the Friendship Trail. Pressé writes about homesickness as she spends a year in Italy.



## ■ COOL KIDS COOK



Supplied photo

Thanks to the 2011 Niagara Prosperity Initiative Grant, that Community Living Port Colborne-Wainfleet received late last fall, approximately 150 students from St Therese School, DeWitt Carter School, Ecole St. Joseph, and the children living in the Saturn-Apollo Co-operative housing project, have had the opportunity to learn some basic cooking skills. The "Cool Kids Cook" program runs for six weeks, one night per week in each individual site. The program focuses on different themes and includes healthy cooking components, as well as at least half-an-hour of active play. The program continues until May.



## ■ FASHION SHOW

## Showcasing goods at local businesses

InPort News Staff

**PORT COLBORNE** — A spring fashion show featuring clothing from local businesses next Thursday will help Port Cares, said its marketing and communications co-ordinator.

"We're running this to show what Port Colborne has in regards to its shopping districts," said Caitlin Battista.

Battista said fashions being featured are from 270 Degrees West, Something Else, Wishing Well Bridal and Formal Wear, Glam Girl, and Flirt Bra Boutique.

The event will be held Thursday, March 8 at the Italian Hall, 223 Bell St., from 6 p.m. to 9 p.m. at a cost of \$30. All proceeds go toward Port Cares.

Battista said when the doors open at 6 p.m., there will be a number of vendors and demonstrations. While the vendors hadn't been confirmed as yet, she said they would most likely be connected to fashion and accessories.

The dinner starts at 7 p.m., followed by the fashion show at 8 p.m. For more information see Port Cares websites at [www.portcares.on.ca](http://www.portcares.on.ca).

## ■ UBERYOUTH: Basketball tickets donated to 10 young people



Supplied photo

Thanks to Gary Talosi of Dundee Wealth Management, 10 young people from UBERYOUTH, will be going to a Raptors game in Toronto on March 11. "I was totally flipping out when I heard that Mr. Talosi was going to donate us the tickets to see the Raptors play. I love basketball!" said Gordon Thomas, 16, of Lakeshore Catholic High School. "This is such an awesome opportunity. I will never be able to go see the Raptors play if it wasn't for Gary! I will never forget it! And the seats are just amazing!" said Catherine Desy, 17, of Lakeshore Catholic High School.

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Quitting smoking is the best thing you can do to improve your life and health. Any attempt to quit will make you stronger and healthier.

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carbon monoxide in your body decreases and oxygen levels increase to normal.

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■ **ENVIRONMENT:** New York backs down from seeking stricter rules

# Ballast water decision a relief to Algoma chief

DON FRASER  
QMI Agency Niagara

ST. CATHARINES — News that New York state has stepped back from ultra-strict ballast regulations has Algoma Central Corp.'s top executive relieved.

But Greg Wight remains wary about possible future standards that are still unachievable.

Last week, the state Department of Environmental Conservation said it will pursue a uniform national standard for ballast water rules, instead of an earlier proposal that would have imposed standards 100 times more stringent than International Maritime Organization rules that currently govern the cleaning of ships' ballast water.

The change in position follows backlash from the St. Lawrence-Great Lakes maritime industry over the possible rule changes.

Critics charged the proposed rules could have stopped shipping traffic through the St. Lawrence Seaway in New York waters because the technology isn't there to meet the standard.

"Our stance on ballast water is we need a regulatory regime that

**"We're absolutely certain the technology isn't there yet to achieve an IMO standard, let alone something that's a multiple."**

Greg Wight, Algoma Central Corp. CEO

is both uniform and achievable," said Wight, CEO of Algoma Central Corp.

Based in St. Catharines, Algoma owns a fleet of 35 Canadian ships that ply the essential central Canada-U.S. water trade route.

"For New York to say they will pursue a national standard with the (U.S. Environmental Protection Agency) is very positive," he said.

"Unfortunately, the achievable part is not the same message in the underlying words."

Wight said word is the state will continue to advocate with the EPA and other states to have a standard higher than IMO.

"Our only concern is (that) the regulations don't get ahead of the technology," he said. "And we're absolutely certain the technology isn't there yet to achieve an IMO



The Peter R. Cresswell passes underneath the Glendale Bridge in this file photo.

JULIE JOCSAK QMI Agency Niagara

standard, let alone something that's a multiple."

New York's concern is to prevent

the introduction and spread of invasive species like the zebra mussel and other non-native aquatic invaders into waterways through ballast discharge.

The Chamber of Marine Commerce figured the tougher rules might have cost 55,000 Canadian jobs and \$8.5 billion in economic activity.

Now, the existing New York standards will remain in place at least until the end of 2013.

Under the original proposal, operating ships would have had to meet a water-quality standard 100 times tougher than the IMO rules by August 2013, the Chamber said in a Wednesday release.

Ships built after January 2013 would have to meet 1,000 times the current standard, it said.

Wight said part of the problem is the technology required to deal with cold Great Lakes freshwater — most systems deal with warmer seawater.

Algoma's ships also discharge ballast water daily.

"You not only need a large system that can treat the ballast, but you have to be able to treat it as freshwater and coldwater," he said.

While the technology is being worked on, a system hasn't yet been approved by the U.S. Coast Guard to operate in the Great Lakes, even at IMO standard, Wight said.

"And we now have a two-year window, essentially ... so we have

some time to work with the regulators and technology to be sure it's in sync."

St. Lawrence Seaway Management Corp. spokesman Andrew Begora said the challenge is to meet ballast quality standards that are "both protective as well as being practical."

"That is indeed the goal we are all seeking to achieve."

St. Catharines Mayor Brian McMullan said the development is "positive news."

McMullan, the chair of the Great Lakes and St. Lawrence Cities Initiative, said the binational mayors' group has asked New York state to "take a step back and give some time for more dialogue and discussion, and to really look at the science of what is achievable."

McMullan said the group also spoke of the need for national standards, given the many political jurisdictions through the Great Lakes alone.

"Industry needs some kind of consensus in making sure they comply with any ballast water requirements."

The mayor added many on the committee felt that same standards for both sides of the border would be the "most constructive way to go."

"To be fair, New York state has been listening and this will allow for (these) kinds of discussions to take place."



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■ **PUBLISHER'S COLUMN:** Visit and explore The Tribune's new website



## Welcome to our World Wide Web makeover

**P**ORT COLBORNE—Wednesday, Feb. 22 marked the launch of a new website for The Tribune, marking our strong commitment to the residents of south Niagara.

It's been a great week for us here at The Tribune and indeed for all of Sun Media Niagara, which saw the chain's other two dailies, *The St. Catharines Standard* and *Niagara Falls Review* also launch new websites.

If you haven't had a chance to go online and check us out, I strongly urge you to do so. Visit [www.wellandtribune.ca](http://www.wellandtribune.ca) and what you'll find is a vibrant presentation of the news that affects your local community, your region and beyond.

But that's not where it ends. This new site offers the traditional interactivity many of you have enjoyed, plus a number of new options that should help make your day all the more interesting.

Join our exclusive UIR community to comment, discuss, share and more. Let our visual navigation guide you through new features and interactive social media tools. We also invite you to browse our local business community through the new marketplace and our advertising partners.

Whether you access your community information at home on your computer or tablet or if you are mobile, the new sites are designed to be responsive to the size of the screen you use to access it.

As I write this, it's been less than a day since the website went live, but



Ken Koyama

we've received much positive feedback through social media, on the site itself and through phone calls and comments on the street.


The website launch comes on top of the kickoff to our regionwide Niagara Regional section on Tuesdays.

Just two months into 2012, these two projects alone mark what we feel is a proven commitment to reach out to our readership area in new, innovative ways.

Given that prior to launching this new website, *The Tribune* was already welcoming more than 120,000 unique visitors per month, who read more than 890,000 web pages a month — visitors to the three Niagara dailies read more than 3.25 million pages — which means we are working hard to stay in touch with you in a progressive, interactive, meaningful way — every day, and in every way you choose to access us.

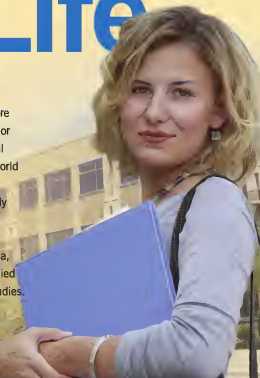
I invite you to explore our new site and click on the "Give us your opinion" feedback link to let us know what you think. Or provide feedback through Twitter and Facebook.

Ken Koyama is publisher for digital and print at The Tribune and InPort News




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## ALONG THE LAKESHORE

MONDAY, MARCH 12

The Port Colborne Historical Society will meet at 7 p.m. at Port Village Retirement Home. Guest John Maloney, former Member of Parliament, will speak about "My Life on the Hill". All welcome. Call 905-835-2291 for more information.

### EVENTS AT ONTARIO EARLY YEARS CENTRE

Port Colborne Ontario Early Years Centre offers **Interactive play sessions** Monday to Wednesday from 9-12 and 1-4, Thursday from 9-12 and 1-7 and Friday from 9-12. These programs are for children birth to six years of age and their parent or caregiver. Please visit the Ontario Early Years Centre, Port Cares, 92 Charlotte Street,

Port Colborne or call 905-834-9071 ext. 238 or email [oeyc-pc@portcares.on.ca](mailto:oeyc-pc@portcares.on.ca) for more information.

Port Colborne Ontario Early Years Centre is offering an **All About Me – Interactive Preschool Program** on Thursday, March 1 and 8 from 9:30 – 11:30, pre-registration is required. These morning sessions are for preschoolers aged 2½ to 6 years and their parent/caregiver.

Port Colborne Ontario

Early Years Centre is offering a **Winter Make and Take – Interactive Toddler Program** on Wednesday, March 7 from 9:30 – 10:45, pre-registration is required. This morning session is for toddlers aged 18 months to 30 months and their parent/caregiver.

Port Colborne Ontario Early Years Centre is offering **Interactive play sessions** during Break – March 12 to March 16.

Port Colborne Ontario Early

Years Centre is offering a **Play and Learn, Kids in the Kitchen – Interactive Toddler Program** on Wednesday, March 21 and 28 from 9:30 – 10:45, pre-registration is required. These sessions are for toddlers aged 18 months to 30 months and their parent/caregiver. Please visit the Ontario Early Years Centre, Port Cares, 92 Charlotte Street, Port Colborne or call 905-834-9071 ext. 238 or email [oeyc-pc@portcares.on.ca](mailto:oeyc-pc@portcares.on.ca) to register.

Port Colborne Ontario Early

Years Centre is offering a **PALS (Parents as Literacy Supporters) Program** on Thursday, March 29, April 5, 12 and 19 from 9:30 – 11:30. This multi-session interactive program is designed for parents with children ages 3-4 years, to support their child's development of reading, writing and numeracy skills. Pre-registration is required. Please visit the Ontario Early Years Centre, Port Cares, 92 Charlotte Street, Port Colborne or call 905-834-9071 ext. 238 or email [oeyc-pc@portcares.on.ca](mailto:oeyc-pc@portcares.on.ca) to register.



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## ALONG THE LAKESHORE

CONTINUED FROM PAGE 12

Port Colborne Ontario Early Years Centre is offering a **Baby & Me, Music - Infant Interactive Play Program** on Monday, March 26, pre-registration is required. This

program is for infants and their parent/caregiver. This afternoon session is offered from 1:30-3:30. Please visit the Ontario Early Years Centre, Port Cares, 92 Charlotte Street, Port Colborne or call 905-834-9071 ext. 238 or email oeyc-pc@portcares.on.ca to register.

Port Colborne Ontario Early Years Centre offers **DPS (Developmental Preschool Screening)**. This is a preliminary screening tool that provides parents with information about their child's developmental milestones and to ensure that their developmental needs are being met.

Port Colborne Ontario Early Years Centre offers **NutriSTEP(r)**, (Nutrition Screening Tool for Every Preschooler). NutriSTEP(r) is a fast and simple way to review eating habits and identify nutrition problems in 3 to 5 year old children. Please speak with staff if you are interested in completing a nutrition questionnaire for your child.

## inPortbriefs

## COP CASE IN COURT

WELLAND — A veteran Niagara Regional Police officer charged with assault after an altercation at the Vale nickel plant in Port Colborne will return to court next month.

The alleged Sept. 6 incident involved the off-duty NRP officer and a male security guard. Another uniformed

police officer was also present at the time of the altercation and separated the two men, police said at the time.

Const. Darryn Barrow, a 24-year veteran with the NRP, has been charged with assault. His case was before Welland court last week and has been adjourned until March 21 at 9 a.m.



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## NOTICE OF PUBLIC OPEN HOUSES

## Proposed Regional Policy Plan Amendment (RPPA 1-2012) Niagara's Economic Gateway Zone and Centre

### Purpose of the Open House

The purpose of this Public Open House is to present the proposed Regional Policy Plan Amendment RPPA 1-2012: Niagara's Economic Gateway Zone and Centre and to receive comments and answer questions from the public regarding the proposed Amendment.

### What is the Purpose and Effect of the Proposed Amendment to the Region's Policy Plan?

The Region's Growth Management Strategy, Niagara 2031 includes policies which implement the Provincial Growth Plan's Economic Gateway Zone and Centre designations. RPPA 1-2012, Niagara's Economic Gateway Zone and Centre Amendment provides strategic direction for the development of employment lands within the Gateway and outlines a land use strategy to support economic development and job creation in these areas.

Niagara Region has prepared draft policies and mapping for RPPA 1-2012 which can be viewed at [www.niagararegion.ca](http://www.niagararegion.ca). Niagara Region would like to obtain your views on this important policy initiative.

### Have Your Say

Public input on this proposed amendment is welcomed and encouraged. Three Open Houses in the municipalities of Port Colborne, Welland and Fort Erie are being held to obtain your view. You can provide your input by attending one of the open houses where comment sheets will be made available. Representatives from the Region, their consultants and the respective local municipality will be present at each Open House to answer questions and discuss the next steps in the Gateway Amendment.

The three **Public Open Houses** will be held at the following locations:

Thursday, March 22, 2012  
7:00 p.m. - 9:00 p.m.  
Council Chambers  
Port Colborne City Hall  
66 Charlotte Street  
Port Colborne, ON

Wednesday March 28, 2012  
7:00 p.m. - 9:00 p.m.  
Community Room  
Welland City Hall  
60 East Main Street  
Welland, ON

Thursday March 29, 2012  
7:00 p.m. - 9:00 p.m.  
Front Atrium  
Fort Erie Town Hall  
1 Municipal Centre Drive  
Fort Erie, ON

If you have any questions or concerns please contact:

Brian Dick, MCIP, RPP, Policy Planner, Integrated Community Planning Department  
at (905) 685-1571 ext.3365 or [brian.dick@niagararegion.ca](mailto:brian.dick@niagararegion.ca)

If you require any accommodations for a disability in order to attend and participate in the three Open Houses, please contact the Accessibility Advisory Coordinator at 905-685-4225 ext. 3252, as soon as possible, or [accessibility@niagararegion.ca](mailto:accessibility@niagararegion.ca) to make the appropriate arrangements.

### ■ SEMINAR: Top jiu-jitsu instructor teaches in Port



DAVE JOHNSON Staff Photo

Mike Alfieri practices a move from the guard position with Jessica Elliott during a seminar taught by Pablo Popovitch, a jiu-jitsu champ, at Daybell Jiu-Jitsu this past Sunday.

## Finding the right instructor

DAVE JOHNSON  
InPort News Staff

**PORT COLBORNE** — Dave Daybell used to tap out a lot when he trained with black belt students at Pablo Popovitch's gym in Florida.

"It was six months of beatings," said Daybell, owner of Daybell Jiu-Jitsu and Fitness Academy.

But after a private session with Popovitch, a third-degree black belt in Brazilian jiu-jitsu, Daybell doesn't tap out so much anymore.

"I can hang with those guys now," he said.

He recently brought Popovitch up from Florida for a training seminar at the Port Colborne school on Catharine St. Daybell also operates clubs in Fort Erie with Sam Pascuzzi, Dunnville with Robert Yurcich, and one in Florida. A couple dozen students attended the seminar with the Brazilian, who was born in Rio de Janeiro but now lives in Florida.

"I've been training for 28 years ... I started when I was four," Popovitch said before the start of the seminar.

Popovitch started learning jiu-jitsu in Brazil at Barra Gracie School, where his teachers were the Machado brothers, Rigan, Carlos and

Jean Jaques. He also trained under Carlson Gracie and the legendary Carlson Gracie Team.

He started coming old and has won more than 300 matches at grappling submission events. One of his biggest wins came in 2009 at the Abu Dhabi Combat Club's World Submission Wrestling Championship, the most prestigious grappling tournament in the world.

He's also a three-time World Jiu-Jitsu Champion, three-time Pan American Jiu-Jitsu Champion, 14-time Grapplers Quest champion and a 10-time North American Grappling Association Superfight champion.

Daybell said Popovitch is a special person.

"He's a rarity ... there's not many that can be in the top three of grapplers in the world for five straight years," he said, adding he's learned a lot from the Brazilian, who he trains with a couple times of week.

Alexis Davis, a mixed martial arts fighter out of Daybell's club and instructor, has trained with Popovitch as well.

see JIU-JITSU | page 15

Niagara  Region

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## ■ JIU-JITSU

# Understanding of fundamentals key in sport

## FROM PAGE 14

Dayboll said Davis' ground game has improved a lot because of the training and will help her in her Strickford fight on March 3.

Before the seminar started, Popovitch said he'd be going over how to fight from the guard position, which means fighting off of your back on the ground.

Popovitch recently released a new DVD called No Gi Guard Secrets, which shows techniques for fighting from half-guard, reverse half-guard and bottom escapes and submissions.

"I'll go whatever they want though."

Popovitch used Jake Dayboll, Dave's son, to demonstrate tech-

niques on before those in the seminar tried them out. He'd go over the technique a couple of times and then walked around the gym checking on students, offering pointers and tips, as they performed the moves.

"They're picking it up super quick. The young kids are learned really fast," said Popovitch, as he watched the seminar participants.

For those wanting to learn jiu-jitsu, the most important thing, he said, was finding a good instructor, someone that will start you on the right track.

"You don't want to go to a school where a guy is putting you in to spar right away and you don't know what you're doing. You want to start with the fundamentals, the basics, and

understand what you are supposed to do."

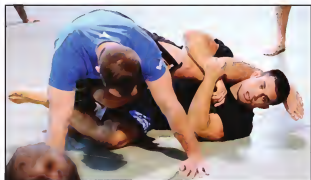
Popovitch said if an instructor doesn't start you off that way, then

learning jiu-jitsu becomes an unenjoyable experience.

For more information on Popovitch, visit his website at [www.bjjcenter.com](http://www.bjjcenter.com).

[bjjcenter.com](http://bjjcenter.com).

[djohnson@wellandtribune.ca](mailto:djohnson@wellandtribune.ca)  
Twitter: @DaveJTheTribune



DAVE JOHNSON Staff Photo

Jiu-jitsu champ Pablo Popovitch, on the bottom, demonstrates fighting from the guard with Jake Dayboll, during a seminar at Dayboll Jiu-Jitsu this past Sunday.




DAVE JOHNSON Staff Photo

Popovitch, right, talks with Dayboll Jiu-Jitsu instructors Robert Yurcich, left, and Sam Pascuzzi.

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■ **OPEN HOUSE:** Official plan yet to be approved by region

# Public offers input on township's zoning

VICTORIA GRAY  
InPort News Staff

WAINFLEET — Getting Wainfleet in the zone.

Last Saturday morning Wainfleet held an open house at the firehall to get guidance, opinions and feedback from residents about the township's new comprehensive

zoning bylaw and site plan control guidelines.

Mayor April Jeffs said the last, and first zoning bylaw the township created came in 1978 and it needs to be updated.

"We want to have public input on anything we do in the township, it's important, this is the real nuts and bolts

of it," she said.

The zoning bylaw has to be changed once the official plan for the township has been approved by the Niagara Region, which Jeffs hopes occurs in the near future.

The new bylaw will deal with three main areas — agriculture, private roads and lot

coverage.

There are two agricultural zones in the township, A1, which are near hamlets and A2. Those areas have been approved for large scale animal operations.

Paul Lowes, from Sorensen Gravelly Lowes Planning Associates, said the provincial government now regu-

lates this with their Minimal Distance Formula, so the town may not officially need those zones.

As it stands now residents must get a permit to build anything if they live on a private road," he said. "Why when some of those roads are paved and just as good as public roads, do we need

that?"

They were also looking into lot coverage because as it stands now only 7% of a resident's lot can be covered by buildings.

"Only about 20% of properties meet that criteria. Some lots are are so small you would end up having a 500 sq ft house," Lowes said.



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**VOLLEYBALL**

Here are the latest results from Club Frontenac Volleyball League:

**Competitive A**

Frank's Home Hardware 25 30 30  
Emerald Pines 30 23 29

Emerald Pines 29 25 24  
Davidson Funeral Homes 30 30 30

McNay Construction 30 30 29  
Smokin Buddha 25 24 30

Island Heat 20 30 28

Buckner's 30 23 30

Canalside 22 30 21  
The Healthy Cupboard 30 28 29

**Competitive B**

The City Tavern 29 23 30  
South Coast Cookhouse 30 30 23

South Coast Cookhouse 30 30 30  
F.A.Y Farms 20 19 20

F.A.Y Farms 30 19 19  
RCJ Dream Renovations 20 30 30

Dr. Parr Optometr  
The Belmont 30 30 30  
23 15 21

Dr. Parr Optometry 30 22 28

The Mill Ridgeway 25 30 18

Boggio's 30 28 30  
The Reeb House 21 30 29

Port Colborne Laundry 30 30 30  
Drifter's 28 22 24



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# NOMINATION FORM

"NOMINATION DEADLINE FRIDAY, MARCH 16, 2012 5:00 P.M."



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**The Search Is On...**  
Nominate a Great Kid Today!

COOL TO BE KIND  
PERSONAL BEST  
AGAINST THE ODDS

Please provide a brief description of the nominee's contributions to their family and community as well as a brief description of the nominee's efforts in school. (You may attach your description if more space is required to a maximum of 1,000 words.)

Name of Nominee: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone #: \_\_\_\_\_

Age: ☐ 6-12 ☐ 13-18

## NOMINATOR'S CHECKLIST

Before forwarding your nominations, please ensure you've completed the following steps:

### Have You

- ☒ Signed the nomination form?
- ☒ Completed all sections of the nomination form?
- ☒ Provided a brief description of the nominee's contributions?

Nominator Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Signature: \_\_\_\_\_

NOMINATOR'S DESCRIPTION: \_\_\_\_\_

Category: ☐ Cool to be Kind ☐ Against the odds ☐ Personal Best

Mail or drop off completed nomination form to:

**THE TRIBUNE 228 East Main St. P.O. Box 278 Welland, ON L3B 5P5**

**Please note: Complete nomination form, letters of support and any other materials submitted will not be returned**

## Judging Criteria

Nominees must be a resident of Pelham, Port Colborne, Wainfleet or Welland. Their accomplishments must have occurred within the past year. There is a 1,000 word limit for all nominations. No additional material will be accepted. Judges will rate each nominee from 1-10 in the following:

- What has the nominee accomplished during the past year?
- How has this accomplishment impacted on themselves and/or others?
- Why did the nominee set out to do this?

24 Semi finalists will be honoured at the Great Kids Awards Gala on Sunday April 29th at Club Castrapignana

**COOL TO BE KIND** Nominees will have performed a service or act of kindness, support or encouragement to a friend, family, neighbour or stranger with no personal gain for themselves. This could be an ongoing or one-time service to an individual, group or community.

**PERSONAL BEST** Nominees will have achieved a level of performance beyond what might have been expected. This could mean achieving a top performance overall or performance to the best of their ability. Achievements can be in any area including business,

academics, athletics, music, art, writing, drama, etc.

**AGAINST THE ODDS** Nominees will have shown great strength, ambition and dedication in overcoming a mental, physical, personal, economic or environmental challenge to achieve a goal.

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### 2012

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Bedding \_\_\_\_\_  
Appliances \_\_\_\_\_  
Home Electronics \_\_\_\_\_  
Home Cleaning Service \_\_\_\_\_  
Gardening Centre \_\_\_\_\_  
Hardware Store \_\_\_\_\_  
Carpet/Flooring/Ceramic Tile \_\_\_\_\_  
Water Company \_\_\_\_\_  
Heating \_\_\_\_\_  
Air Conditioning \_\_\_\_\_  
Paint/Wallpaper \_\_\_\_\_  
New Cars \_\_\_\_\_  
Used Cars \_\_\_\_\_  
Lube/Oil Change \_\_\_\_\_  
Lumber Yard \_\_\_\_\_  
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#### Contest Rules:

Only original newspaper ballots or hand-drawn ballots accepted. No mechanical reproductions allowed. Employees of the Tribune, and their immediate families are not eligible. Winners of the Grand Prize will be determined by a random draw from all entries received by 5 p.m., Friday March 23, 2012. Winners will be contacted by phone. You do not have to fully complete ballot to win.

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All readers who submit a Readers' Choice ballot will have their names entered into a draw and the lucky winner of this draw will receive \$100.00 cash.

Fill in your ballot for the In Port's Readers Choice Awards. Write the names of your favourite businesses on the line provided. You can vote for as many different types of business as you wish in each of the categories. Those merchants and businesses who receive the most votes will win the prestigious Readers Choice Award. The winners will be announced in a special section of the In Port News Thursday April 5, 2012. Watch for our prizes! Your ballot is your entry to our cash prize! So fill it out and send it today!

The deadline for submission is 5 p.m., Friday, March 23, 2012.

Limit: One ballot per reader.

Please note: All categories do not have to be fully completed.

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The Niagara Peninsula Conservation Authority is seeking a Clerical Assistant to work Monday and Tuesday 8:30 A.M. to 4:30 P.M. The successful candidate will also need to be available to fill in on an as needed basis for staff vacations and sick leave. Duties will include: filing, answering telephones, large mailings, general office duties and other assignments as necessary. Pay rate for this is \$18/hr. Resumes outlining qualifications will be accepted by email to [lwesley@npc.ca](mailto:lwesley@npc.ca) until 4:30 P.M. March 7, 2012. Only those selected for an interview will be contacted. No phone calls please.

**General Employment** A800

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**Legal Notices** A800

**NOTICE TO CREDITORS AND OTHERS**

Claims against the Estate of Luigi Comiso, late of Port Colborne, in the Province of Ontario, who died on the 15th day of December, 2011, must be filed Pursuant to March 30, 2012, after which date the assets of the Estate will be distributed.

Dated at Port Colborne, Ontario this 24th day of February, 2012.

Christopher E. H. Wilson, Estate Trustee  
PO WILSON, OPATOWITZ  
Barristers & Solicitors,  
190 Elm Street, P.O. Box 99  
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L2K 5V7

**Apartments Unfinished** A610

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## ■ OPERATIC SOCIETY: Play continues this weekend

## Fading in love with Annie

HEIDI GRZESINA  
For InPort News

**PORT COLBORNE** — An engaging and highly entertaining production of the beloved musical *Annie* proves once again that first class entertainment is available right on our local doorsteps.

The Port Colborne Operatic Society hit another home run as the premiere of its latest show drew a good size crowd.

You do not have to travel to Toronto or New York to enjoy first class quality theatre. It is right here, at home. Despite a familiar story line, the experience of immersion into the story as if seeing and hearing it for the first time is proof of its quality.

This year's production has been dedicated to Robert (Bobby) Place, who, losing his battle with cancer on

Nov. 1, 2011, was always willing to help the society's productions any way he could. His love of children extended beyond his own six grandchildren and he was a believer that the talent presented by the society was equal to "any professional show he had seen."

Particularly engaging in *Annie* is the collaboration between the production's senior actors with a flood of new-generation ones.

Fifteen-year-old Bethany Ricker, starring as Annie, is one of the new actors whose unquestionable talent will benefit from working with the society's seasoned performers such as the phenomenal Jamie Mowat portraying Daddy Warbucks.

It is a family affair with the Mowat family with this production, Jamie being joined by wife, Patricia and daughters Chelsea and Daphne.

Enthusiastically debuting as Grace Farrell, Deb Albrecht gives a commanding first performance and for Albrecht it is also a family affair, sharing the stage with daughters, Allegra and JaymieAnn.

The audience's thunderous applause for the orphan's second act presentation of Fully Dressed clearly demonstrated appreciation for the collaborative efforts of musical and choreal directors, Faye Bean, choreographer Donna Moreau and directors, Anne and Phil Converse. The entire cast and crew displayed a collective, dedicated performance that audibly thrilled audience members.

Mesmerized by what she was seeing, six-year-old Kiara of Milton, joined by her parents, Christine and Reggie D'Ambrosio, could not pick out a favourite moment.

"I liked all of it," she said,



Deb Albrecht as Grace Farrell, Jamie Mowat as Daddy Warbucks, Bethany Ricker as Annie, Rose Albert and Arthur Vicary, supporting cast members.

her eyes sparkling with fascination.

Supporting roles played by Barry Snider as Rooster and

Melinda Pety as Lily brought loud audience applause in the first act as did the roles played by Caleb Beach, Bill

HEIDI GRZESINA InPort News Photo  
Bethany Ricker as Annie, Rose Albert and Arthur Vicary, supporting cast members.

Marshall, Laurie Labelle, Charlene Morin and Emily Denney in subsequent scenes.

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# PUPPO'S

Corner of  
Maple Ave. and  
Prince Charles  
Drive

**FRESH PORK**  
**PUPPO'S HOT OR MILD**  
**ITALIAN SAUSAGE**

SAVE \$1.00 lb.  
**3.99** lb.

SPECIALS in effect Friday March 2nd to closing Thursday March 8th, 2012 • OPEN SAT. 8-6, SUN. 10-5, MON., TUES., WED. 9-6, THURS. & FRI. 9-9

CUT FROM CANADA AA AND AAA BEEF  
**PUPPO'S LEAN  
GROUND BEEF**

**1/2  
PRICE**

**1.99**  
lb.

3 Pkg  
Limit

FRESH GRADE A  
**JUMBO  
ROASTING CHICKENS**

**1/2  
PRICE**

**1.99**  
lb.

CUT FROM CANADA AAA BEEF  
**BONELESS SIRLOIN TIP  
FAST FRY  
STEAK**

SAVE \$4.00 lb.

**5.99**  
lb.

**DELI Specials**

*Deli Sliced*  
**MONTREAL STYLE  
SMOKED BEEF** **3.99** lb.  
*Artisan*  
**OVEN ROAST  
TURKEY BREAST** **6.99** lb.  
*Salmon Deluxe*  
**MOZZARELLA  
CHEESE** **4.99** lb.

**PUPPO'S BAKERY**

FRESH BAKED MEDIUM  
**KAISER  
ROLLS** Pkg of 12 **2.99**  
FRESH BAKED  
**APPLE  
CRISP** 680 g **3.99**  
SAVE \$1.00

FRESH ONTARIO PORK  
**BONELESS BUTTERFLY  
PORK CHOPS**

SAVE \$3.00 lb.

**3.99**  
lb.

**D'ITALIANO  
BREAD**

675 g  
loaf

**2/\$4**

*Sealtast*  
**CHOCOLATE MILK**

**\$1**  
1 LITRE  
CARTON

6 Carton  
Limit

**KETTLE COOKED  
DUTCH CRUNCH  
POTATO CHIPS**

200 g bag  
**1/2  
PRICE**

**1.49**

**BECEL  
MARGARINE**

2 lb. tub

**4.99**

**HEINZ  
BEANS**

14 oz can

**\$1**

**ROYALE  
FACIAL TISSUE**

Box of 88 or 132

**\$1**

**ROBIN HOOD  
FLOUR**

10 kg bag

SAVE \$6.00  
**9.99**  
2 Bag Limit

**CALIFORNIA LARGE  
SEEDLESS ORANGES**



**79¢**  
lb.



**NO. 1 GRADE MEXICAN  
ASPARAGUS**

**1.49**  
lb.

**NO. 1 GRADE CALIFORNIA  
ICEBERG or LEAF LETTUCE**



**\$1** Each

**FROM THE TROPICS  
JUMBO CANTALOUPE**



**2.99**  
Each

**NO. 1 GRADE CALIFORNIA  
CELERY HEARTS**



**1.29**  
Each

**NO. 1 GRADE FLORIDA  
SWEET GREEN PEPPERS**



**99¢**  
lb.